

CENTRAL MAINE BASKETBALL CONFERENCE

2014-15 LEAGUE RULES

Games will comply with National Federation rules with the following exceptions:

- 1) Defense:
 - a) Teams must play half-court man-to-man defense in the first half. Help and recover is allowed. Trapping is prohibited in the first half.
 - b) Teams may apply any type of defense in the second half.
 - c) Coaches are encouraged to discuss the interpretation of man-to-man defense with the official(s) prior to the start of the game. *Please see page 16 of the CMBC handbook for clarification.
 - d) Full court pressure is allowed in the 2nd half when a team's lead is less than 10 points.
 - e) Violation of Section A of this rule will result in a team warning for the first infraction and a technical foul for each subsequent violation. The technical foul will not count as a team or personal foul.
- 2) Substitution Rules:
 - a) Each team will start the game with five players.
 - b) At the first stopped ball near the five (5) minute mark of the first half, players that have not played will be substituted into the game.
 - c) Free substitution will occur during the last ten (10) minutes of the 1st half and the entire twenty (20) minutes of the 2nd half.
 - d) This rule can be modified if both coaches agree to the modification PRIOR to the start of the game during the regular season only. During the end of the season playoffs, there will be absolutely no modification to this rule.
 - e) If a team starts the game with more than ten (10) players, the coach will be allowed to substitute players in the first ten (10) minutes of the 1st half. Players that play in the first five (5) minutes of the 1st half are not allowed to play in the next five (5) minutes of the first half. (Example: A team has 12 players. The coach starts with 5 and substitutes 1 in at the 3 minute mark. At the next stoppage around the 5 minute mark of the first half, the coach puts in 5 players that have not played. The coach will then substitute the 12th player into the game at the next opportunity.) Coaches are not required to substitute any extra players in during the first ten minutes of the game.
- 3) Officials: Games will be officiated by IAABO officials as often as possible. Use of Jr. IAABO officials is allowed as long as they are accompanied by a certified IAABO official.
- 4) Foul Shots:
 - a) Any player will be allowed to jump over the foul line during a foul shot.
 - b) 5th grade players may shoot up to 18" in front of the foul line. 5th grade players on a 6th grade team may not shoot in front of the foul line.
 - c) A player occupying a marked lane space may enter the lane on the release of the ball by the free throw shooter.

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- 5) Game Length and Time:
 - a) A regulation game will consist of 2 twenty (20) minute half's.
 - b) Half time will be 7 minutes unless otherwise agreed upon by both coaches.
 - c) Overtime periods will be three (3) minutes, if necessary.
 - d) Run time will be used; however, the clock will be stopped during the last two (2) minutes of each half and during any whistle or stoppage of play during any overtime period.
 - e) Each team will be allotted three 60-second time-outs and two 30-second time-outs during a regulation game. One additional 60-second time out is allowed per overtime.

- 6) Grade Level of players:
 - a) All players on the team are encouraged to play at grade level.
 - b) No players may "play down". If you have one or more players in the 6th grade, and several from the 5th grade, you must play in the 6th grade division.
 - c) Any 5th grade player that is playing with the 6th grade team may not also play on the 5th grade level team.
 - d) 4th Grade Players: Players should be from the 5th or 6th grade, however, if your team does not have enough 5th grade players, you may have up to five (5) 4th grade players on your team.
 - 1) At no time with 4th grade players be allowed to play in the 6th grade level.
 - 2) Teams cannot place 4th grade players on rosters in place of 5th grade players.
 - 3) Having 4th grade players should be the exception, not the norm.

Updated 10/8/14